



Arthritis Meal Plan

Amanda Pittas

<https://www.nutritional-balance.com.au>

Hi,

Welcome to your Arthritis Meal Plan!

This is an easy balanced eating plan for those looking to simplify their routine and increase their intake of healthy foods to help lower inflammation and manage arthritis symptoms.

Eating a balanced diet and planning simple meals and snacks can help you reach your health goals.

Meal planning for arthritis is important to help manage joint pain and fatigue. This meal plan includes essential minerals and vitamins that support bone health and prevent or manage osteoporosis, such as calcium, magnesium, potassium, and vitamin C. Anti-inflammatory foods like omega-3 fatty acids, fibre, and antioxidants are added to help with inflammatory arthritis by alleviating joint stiffness and pain. Iron and folate deficiencies are addressed in this meal plan as these are commonly found in people who suffer with arthritis.

Contents

- Evidence-based meal plan
- Premium recipes
- Complete prep guide
- Smart grocery list

This program was created with the following key considerations:

Bone Building Nutrients

Rheumatoid arthritis can put you at a higher risk for osteoporosis and so you should aim to meet your daily calcium, magnesium, and potassium needs. These minerals play a structural role in bone maintenance and modulate potential bone-damaging inflammation. This plan uses calcium-rich ingredients like fortified milk beverages, Greek yogurt, and salmon. Magnesium is incorporated from food sources like cocoa powder, pumpkin seeds, chia seeds, and leafy greens. Potassium is found in many fruits and vegetables. Vitamin C, (found in fruits like kiwi, strawberries, clementines) is an essential element of bone collagen, inflammation, and pain management.

Omega-3 Fatty Acids

Research suggests that omega-3 fatty acids can help with inflammatory arthritis by alleviating joint stiffness and pain. They have been found to suppress inflammation and modulate the immune response. This program incorporates omega-3 fats from salmon, plant-based oils, and seeds.

Fibre

An imbalance in gut bacteria is often found with arthritis as well as in those at-risk to develop arthritis. Fibre can restore microbial homeostasis and lowers C-reactive protein (CRP), a substance in the blood that indicates inflammation. Adding whole grains, legumes, and fruits and vegetables to your meal plan boosts fibre and phytonutrients.

Antioxidants

Antioxidants such as vitamin E, carotenoids, and selenium may help protect joints by removing some of the compounds in the body that cause inflammation. These nutrients can be found in plant-based oils, nuts, seeds, and brightly coloured fruits and vegetables such as clementines, red bell pepper, and sweet potato. Cruciferous vegetables like broccolini and cauliflower contain sulforaphane which may help prevent or slow the progression of osteoarthritis. Anthocyanins found in red and purple fruits like cherries and strawberries help reduce the frequency of gout attacks. The polyphenol curcumin in turmeric is incorporated into this program for its role as an anti-inflammatory agent and its use in treating chronic conditions like rheumatoid arthritis.

Iron & Folate

The effects of arthritis medications that are frequently taken long-term may lead to iron and folate deficiencies. Spinach, rice, broccolini, and kale are incorporated into the plan for folate. To boost absorption of iron, this plan pairs foods with iron like chicken, fish, eggs, and pumpkin seeds with vitamin C-rich foods like citrus, tomatoes, or peppers.

Meal Planning Prep

On the next pages, you will find the customised plan I have created, along with an itemised grocery list, prep guide to follow so you don't have to think about what to do next and delicious recipes.

Grocery List Tips

I have included a full grocery list that outlines the ingredients you will need to follow this meal plan. Before you head out to do your shopping, take some time to go through the list and check off any items you already have. This will save you time and money!

Shopping Tips

The grocery list is organised into categories based on how a typical grocery store is laid out. This will allow you to do your grocery shopping in an organised order starting with fruits, then vegetables, etc. Doing your shopping this way will save you time.

Recipe Tips

Every recipe states the total number of servings and the total prep time so that you know how many servings the recipe creates, and how long it will take you to make it. Before you start cooking, assemble all ingredients and prep them according to the ingredients list. Unless otherwise indicated, you will be eating one serving of each meal. So, if a recipe serves four, prepare it, divide it into four even portions and enjoy one portion.

Leftovers

You'll notice that some meals on the plan are shaded out. This means that the meal has been marked as a leftover. You've already prepared it, so you do not need to make it again. Cook once, eat multiple times. Leftovers are a great way to save you money and time in the kitchen!

I hope you enjoy your Arthritis Meal Plan!

Need help getting started with living a nutritionally balanced life? You can always find me at [Nutritional Balanced Collaroy](#). Let's work together to figure out a way to maintain a healthy lifestyle that works for you.

Balancing lifestyle with nutrition for a happier, healthier life!





































Amanda Pittas - Clinical Nutritionist






















Adv.Dip Nutritional Medicine

An accredited member of ATMS

Disclaimer:

The information provided in this plan is intended for your general knowledge only and is not a substitute for medical advice or treatment for specific medical conditions. None of Nutritional Balance's services shall be used to diagnose or treat any health problem or disease. I cannot and do not provide medical advice. You should seek prompt medical care for any specific health issues and consult your physician before altering your diet. The information and recipes provided in this plan should not be used in place of a consultation with your physician or other health care provider. I do not recommend the self-management of health problems. Should you have any healthcare-related questions, please consult your physician or other health care provider promptly. You should never disregard medical advice or delay in seeking it because of the information provided in this plan.

	Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Breakfast	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Orange & Yogurt Breakfast Box	 Strawberries & Cream Oats	 Strawberries & Cream Oats	 Veggie Scramble with Strawberries	 Veggie Scramble with Strawberries	
Snack 1	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Kiwi Lime Smoothie	 Eggs & Avocado Snack Box	 Yogurt & Granola	 Chocolate Cherry Overnight Oats	
Lunch	 One Pan Harissa Chicken, Sweet Potatoes & Broccolini	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccolini	 Healthy Fish n' Chips	 Turmeric Chicken with Brown Rice	 Roasted Cauliflower	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls
Snack 2	 Granola, Yogurt & Berry Snack Box	 Cheddar Cheese & Cucumber	 Granola, Yogurt & Berry Snack Box	 Eggs & Avocado Snack Box	 Kiwi Lime Smoothie	 Chocolate Cherry Overnight Oats	 Yogurt & Granola	
Dinner	 Spiced Cauliflower Rice Bowl	 One Pan Harissa Chicken, Sweet Potatoes & Broccolini	 Healthy Fish n' Chips	 Roasted Cauliflower	 Salsa Verde Salmon with Tomatoes & Brown Rice	 Chicken, Kale & Cauliflower Bowls	 Salsa Verde Salmon with Tomatoes & Brown Rice	

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Fat	 43%	Fat	 43%	Fat	 41%	Fat	 38%	Fat	 39%	Fat	 43%	Fat	 43%
Carbs	 32%	Carbs	 32%	Carbs	 28%	Carbs	 36%	Carbs	 35%	Carbs	 31%	Carbs	 31%
Protein	 25%	Protein	 25%	Protein	 31%	Protein	 26%	Protein	 26%	Protein	 26%	Protein	 26%
Calories	2012	Calories	2012	Calories	1878	Calories	1998	Calories	2110	Calories	2038	Calories	2038
Fat	99g	Fat	99g	Fat	87g	Fat	86g	Fat	94g	Fat	101g	Fat	101g
Saturated	28g	Saturated	28g	Saturated	26g	Saturated	22g	Saturated	23g	Saturated	21g	Saturated	21g
Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g	Trans	0g
Polyunsaturated	21g	Polyunsaturated	21g	Polyunsaturated	17g	Polyunsaturated	13g	Polyunsaturated	15g	Polyunsaturated	19g	Polyunsaturated	19g
Monounsaturated	39g	Monounsaturated	39g	Monounsaturated	32g	Monounsaturated	41g	Monounsaturated	46g	Monounsaturated	50g	Monounsaturated	50g
Carbs	167g	Carbs	167g	Carbs	133g	Carbs	182g	Carbs	190g	Carbs	165g	Carbs	165g
Fiber	32g	Fiber	32g	Fiber	23g	Fiber	33g	Fiber	32g	Fiber	36g	Fiber	36g
Sugar	43g	Sugar	43g	Sugar	51g	Sugar	48g	Sugar	40g	Sugar	45g	Sugar	45g
Protein	126g	Protein	126g	Protein	148g	Protein	135g	Protein	137g	Protein	135g	Protein	135g

Fruits

- 3 Avocado
- 1 cup Cherries
- 3 Clementines
- 4 Kiwi
- 1/2 Lemon
- 1 tbsp Lemon Juice
- 2 Lime
- 7 cups Strawberries

Breakfast

- 1 2/3 cups Granola
- 2 1/2 tbsps Maple Syrup

Seeds, Nuts & Spices

- 1 1/2 tbsps Chia Seeds
- 3 tbsps Harissa
- 1/2 tsp Paprika
- 3/4 cup Pumpkin Seeds
- 1 1/2 tsps Sea Salt
- 0 Sea Salt & Black Pepper
- 1 tsp Sesame Seeds
- 1 tsp Turmeric

Vegetables

- 2 cups Baby Spinach
- 340 grams Broccolini
- 1 1/2 heads Cauliflower
- 3 cups Cherry Tomatoes
- 1/4 cup Cilantro
- 2 1/8 Cucumber
- 1 Garlic
- 2 stalks Green Onion
- 4 cups Kale Leaves
- 1/3 cup Parsley
- 2 Red Bell Pepper
- 5 Sweet Potato
- 1/2 tsp Thyme
- 2 Tomato

Boxed & Canned

- 2 1/16 cups Brown Rice

Baking

- 3 tbsps Cocoa Powder
- 2 cups Oats
- 1/2 tsp Vanilla Extract

Bread, Fish, Meat & Cheese

- 280 grams Cheddar Cheese
- 1 kilogram Chicken Breast
- 709 grams Salmon Fillet

Condiments & Oils

- 1 1/2 tbsps Apple Cider Vinegar
- 1/3 cup Avocado Oil
- 1 1/2 tbsps Capers
- 1/4 cup Extra Virgin Olive Oil
- 2 tbsps Tahini
- 1 tbsp Tamari

Cold

- 18 Egg
- 5 3/4 cups Plain Greek Yogurt
- 5 1/4 cups Unsweetened Almond Milk

Other

- 1/2 cup Vanilla Protein Powder
- 1 tbsp Water



Orange & Yogurt Breakfast Box

3 servings

15 minutes

Ingredients

- 6 Egg
- 3 Clementines (peeled, sectioned)
- 2 1/4 cups Plain Greek Yogurt
- 3/4 cup Pumpkin Seeds

Nutrition

Amount per serving	
Calories	494
Fat	29g
Saturated	8g
Trans	0g
Polyunsaturated	9g
Monounsaturated	9g
Carbs	22g
Fiber	3g
Sugar	12g
Protein	39g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when they are cool enough to handle.
- 3 Arrange the hardboiled eggs, clementine slices, yogurt, and pumpkin seeds in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Dairy-Free: Use coconut yogurt instead of greek yogurt.



Strawberries & Cream Oats

2 servings

15 minutes

Ingredients

- 2 cups Unsweetened Almond Milk
- 2 cups Strawberries (chopped, divided)
- 1 1/2 tbsps Maple Syrup
- 1/2 tsp Vanilla Extract
- 1 cup Oats (rolled)
- 1 tbsp Chia Seeds (optional)

Nutrition

Amount per serving	
Calories	299
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	3g
Monounsaturated	3g
Carbs	52g
Fiber	10g
Sugar	17g
Protein	8g

Directions

- 1 Add the almond milk, half of the strawberries, maple syrup and vanilla to a high-speed blender. Blend until smooth. Season with additional vanilla and maple syrup if needed.
- 2 Transfer strawberry milk to a saucepan over medium heat and stir in the oats. Bring to a gentle boil and cook, stirring occasionally for 8 to 10 minutes or until oats are tender and creamy. Stir in remaining strawberries and chia seeds, if using, and let it cook for another minute.
- 3 Serve immediately and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days. Reheat with extra almond milk if needed.

Additional Toppings: Serve with additional chopped strawberries, extra chia seeds or a drizzle of almond butter.

No Fresh Strawberries: Use frozen strawberries instead. Cooking time may vary with frozen strawberries.



Veggie Scramble with Strawberries

1 serving
15 minutes

Ingredients

- 4 Egg
- 1/8 tsp Sea Salt (divided)
- 1 tsp Extra Virgin Olive Oil
- 1 Red Bell Pepper (finely chopped)
- 1 Tomato (medium, diced)
- 1 stalk Green Onion (chopped)
- 1 cup Strawberries (chopped)

Nutrition

Amount per serving	
Calories	424
Fat	25g
Saturated	7g
Trans	0g
Polyunsaturated	5g
Monounsaturated	11g
Carbs	24g
Fiber	7g
Sugar	13g
Protein	29g

Directions

- 1 Whisk the eggs in a bowl and season with half of the salt. Set aside.
- 2 Heat the oil in a pan over medium heat. Cook the peppers for about five minutes or until tender and just browned. Add the tomato and green onion and cook for two to three minutes more until the tomatoes have softened. Season the vegetables with the remaining salt.
- 3 Push the vegetable mixture to one side of the pan and pour the eggs into the empty side. Stir the eggs frequently as they cook and incorporate the vegetables into the egg once the eggs are cooked through. Serve with strawberries and enjoy!

Notes

Leftovers: Best enjoyed immediately.

More Flavor: Add dried herbs and spices like garlic powder or parsley.

No Red Pepper: Use any colour of bell pepper.

Like it Spicy: Add red pepper flakes or jalapeno pepper.

No Strawberries: Serve with a different fruit instead.



Cheddar Cheese & Cucumber

3 servings

5 minutes

Ingredients

168 grams Cheddar Cheese (cubed)

1 1/2 Cucumber (sliced)

Nutrition

Amount per serving	
Calories	248
Fat	19g
Saturated	11g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	1g
Sugar	3g
Protein	14g

Directions

- 1 Serve cheese cubes and cucumber slices on a plate or in a bowl and enjoy!

Notes

Leftovers: Store cheese cubes and cucumber separately in the fridge.

Dairy-Free: Use a dairy-free cheese instead.

Serve it With: Crackers, vegetables, nuts or cooked meat slices.

No Cheddar: Use swiss or gouda cheese instead.



Kiwi Lime Smoothie

1 serving

5 minutes

Ingredients

- 1 cup Unsweetened Almond Milk
- 2 Kiwi (peeled, halved)
- 1 Lime (juiced)
- 1/4 cup Vanilla Protein Powder

Nutrition

Amount per serving	
Calories	209
Fat	4g
Saturated	0g
Trans	0g
Polyunsaturated	1g
Monounsaturated	2g
Carbs	26g
Fiber	6g
Sugar	13g
Protein	22g

Directions

1

Place all ingredients in a blender and blend until smooth. Pour into a glass and enjoy!

Notes

Nut-Free: Use coconut or oat milk instead of almond milk.

Additional Toppings: Add spinach, avocado, kale, ginger or cucumber to your smoothie.

Protein Powder: This recipe was developed and tested using a plant-based protein powder. If using another type of protein powder, note that results may vary.



Yogurt & Granola

2 servings

5 minutes

Ingredients

2 cups Plain Greek Yogurt
2/3 cup Granola

Nutrition

Amount per serving	
Calories	380
Fat	15g
Saturated	5g
Trans	0g
Polyunsaturated	3g
Monounsaturated	4g
Carbs	34g
Fiber	4g
Sugar	14g
Protein	28g

Directions

- 1 Divide the yogurt into bowls and top with granola. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Dairy-Free: Use a dairy-free yogurt like coconut, almond or cashew.

No Granola: Use any type of fresh fruit or nuts instead.



One Pan Harissa Chicken, Sweet Potatoes & Broccolini

3 servings
40 minutes

Ingredients

- 3 Sweet Potato (medium, cubed)
- 340 grams Broccolini
- 510 grams Chicken Breast (skinless, boneless)
- 1 1/2 tbsps Avocado Oil
- 3 tbsps Harissa
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	406
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	6g
Carbs	31g
Fiber	7g
Sugar	6g
Protein	42g

Directions

- 1 Preheat the oven to 425°F (215°C) and line a baking sheet with parchment paper.
- 2 Add the sweet potato, broccolini, and chicken breast to the baking sheet. Drizzle the oil and harissa evenly over top of all ingredients. Season everything with salt and pepper and toss well to coat. Place the baking sheet in the oven and bake for 15 minutes.
- 3 Remove the sheet from the oven. Flip the chicken and potatoes. Remove the broccolini from the sheet and set it aside on a plate. Place the baking sheet back into the oven and bake for another 15 minutes or until the chicken is cooked through.
- 4 Remove the baking sheet from the oven and divide the chicken, sweet potato, and broccolini onto plates. Enjoy!

Notes

Leftovers: Store in an airtight container in the fridge for up to 3 days.

No Broccolini: Use regular broccoli instead. Adjust bake time accordingly.



Granola, Yogurt & Berry Snack Box

3 servings

5 minutes

Ingredients

- 1 1/2 cups Plain Greek Yogurt
- 3 cups Strawberries (sliced)
- 1 cup Granola

Nutrition

Amount per serving	
Calories	335
Fat	13g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	5g
Carbs	39g
Fiber	7g
Sugar	18g
Protein	18g

Directions

- 1 Assemble all ingredients into a storage container and refrigerate until ready to eat. Enjoy!

Notes

Storage: Refrigerate in an airtight container up to 3 days.

Gluten-Free: Ensure a gluten-free granola is used.

Dairy-Free & Vegan: Use a dairy-free yogurt.



Eggs & Avocado Snack Box

2 servings

15 minutes

Ingredients

- 4 Egg
- 1 Avocado (medium, peeled)
- 2/3 Cucumber (sliced)
- 112 grams Cheddar Cheese (cubed)

Nutrition

Amount per serving	
Calories	545
Fat	43g
Saturated	16g
Trans	0g
Polyunsaturated	4g
Monounsaturated	19g
Carbs	15g
Fiber	7g
Sugar	3g
Protein	28g

Directions

- 1 Place the eggs in a saucepan and cover with water. Bring to a boil over high heat. Once boiling, turn off the heat but keep the saucepan on the hot burner. Cover and let sit for 10 to 12 minutes.
- 2 Strain the water and fill the saucepan with cold water. Peel the eggs when cool enough to handle and slice into halves.
- 3 Arrange the boiled eggs, avocado, cucumber slices and cheese in a container. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Additional Toppings: Top the eggs with paprika, salt, pepper, everything bagel seasoning, dill or chives.



Chocolate Cherry Overnight Oats

2 servings

8 hours

Ingredients

- 1 cup Oats (rolled)
- 3 tbsps Cocoa Powder
- 1 1/2 tsps Chia Seeds
- 1 1/4 cups Unsweetened Almond Milk
- 1 cup Cherries

Nutrition

Amount per serving	
Calories	253
Fat	6g
Saturated	1g
Trans	0g
Polyunsaturated	2g
Monounsaturated	2g
Carbs	46g
Fiber	10g
Sugar	10g
Protein	9g

Directions

- 1 Add the oats, cocoa powder, chia seeds, and almond milk together in a large container. Stir well to combine. Seal and place in the fridge overnight, or for at least 8 hours.
- 2 Remove the oats from the fridge. Divide into containers and top with cherries. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Enjoy cold, or warm on the stovetop with additional milk.

Nut-Free: Use a nut-free milk such as oat, coconut, dairy, or soy.

Likes it Sweeter: Use maple syrup or honey to taste.



Spiced Cauliflower Rice Bowl

2 servings

40 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 1/4 tsp Sea Salt
- 1/2 head Cauliflower (chopped into florets)
- 1/4 tsp Turmeric
- 1/2 tsp Paprika
- 1/2 tsp Thyme (dried)
- 2 tbsps Tahini
- 1 Garlic (clove, minced)
- 1 tbsp Lemon Juice
- 1 tbsp Water
- 1 Avocado (sliced)
- 1/4 cup Cilantro (chopped)
- 1 tsp Sesame Seeds (for topping)

Nutrition

Amount per serving	
Calories	529
Fat	26g
Saturated	4g
Trans	0g
Polyunsaturated	6g
Monounsaturated	14g
Carbs	68g
Fiber	14g
Sugar	4g
Protein	13g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package. Once finished cooking, add the sea salt to the rice and mix.
- 3 While the rice cooks, add the cauliflower to a medium-sized bowl and toss with the turmeric, paprika and thyme. Place on the baking sheet and bake for 30 to 35 minutes.
- 4 In a small bowl whisk together the tahini, garlic, lemon juice and water. Set aside.
- 5 Divide the rice between bowls and top with cauliflower, avocado, cilantro and sesame seeds. Drizzle the tahini dressing over top. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

No Brown Rice: Use jasmine rice, cauliflower rice, quinoa or millet instead.



Healthy Fish n' Chips

2 servings

1 hour

Ingredients

- 283 grams Salmon Fillet
- 1 tbsp Maple Syrup
- 1 tbsp Tamari
- 2 Sweet Potato
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 cups Baby Spinach

Nutrition

Amount per serving	
Calories	395
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	34g
Fiber	5g
Sugar	12g
Protein	35g

Directions

- 1 Preheat oven to 425°F (218°C). Mix maple syrup and tamari in a bowl to make the marinade. Place salmon fillets in a ziplock bag with the marinade and shake well. Leave the fillets in the bag and place in the fridge while you prepare the rest.
- 2 Wash your sweet potato and cut it into even fry-shaped pieces. Toss the fries in olive oil and season with salt and pepper. Place fries on foil-lined baking sheet and bake in oven on the middle rack for 30 minutes or until golden (baking times vary depending on how thin/thick you slice your fries). Flip the fries half way through at the 15 minute mark. Remove from oven. Transfer fries from baking sheet to bowl and cover to keep warm.
- 3 Turn oven up to 500°F (260°C) and move the middle rack to the top. Place salmon fillets on the foil-lined baking sheet. Bake in the oven for 7 to 8 minutes depending on the thickness. The salmon is done when it flakes with a fork.
- 4 Serve salmon on a bed of baby spinach with sweet potato fries on the side. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.



Turmeric Chicken with Brown Rice

2 servings

30 minutes

Ingredients

- 2/3 cup Brown Rice (dry, uncooked)
- 302 grams Chicken Breast (skinless and boneless)
- 2 tsps Avocado Oil
- 2/3 tsp Turmeric
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	451
Fat	11g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	5g
Carbs	48g
Fiber	2g
Sugar	0g
Protein	39g

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Cook the brown rice according to the directions on the package.
- 3 While the rice cooks, toss each chicken breast in the avocado oil, turmeric, salt and pepper. Transfer to the baking sheet and cook for 25 to 30 minutes or until cooked through.
- 4 Once the chicken and rice are cooked, divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add garlic powder or cayenne pepper.

More Fiber: Add your favorite leafy greens, roasted broccoli or cauliflower.



Roasted Cauliflower

2 servings

35 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 1 tbsp Avocado Oil
- 1/8 tsp Sea Salt (or more to taste)

Nutrition

Amount per serving	
Calories	99
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	7g
Fiber	3g
Sugar	3g
Protein	3g

Directions

- 1 Preheat oven to 350°F (177°C) and line a baking sheet with parchment paper.
- 2 Toss cauliflower florets with avocado oil, lay in a single layer on the baking sheet, and sprinkle with salt. Roast for 30 minutes or until golden brown, tossing at the halfway point.
- 3 Remove from oven and enjoy!

Notes

No Avocado Oil: Use coconut oil or olive oil instead.

Make it Cheesy: Toss in nutritional yeast after roasting.



Salsa Verde Salmon with Tomatoes & Brown Rice

3 servings

45 minutes

Ingredients

- 3/4 cup Brown Rice (dry, uncooked)
- 3 tbsps Extra Virgin Olive Oil (divided)
- 425 grams Salmon Fillet
- 3 cups Cherry Tomatoes (halved)
- 3/4 tsp Sea Salt
- 1 1/2 tbsps Capers
- 1/3 cup Parsley (finely chopped)
- 1 1/2 tbsps Apple Cider Vinegar

Nutrition

Amount per serving	
Calories	507
Fat	22g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	12g
Carbs	42g
Fiber	4g
Sugar	4g
Protein	37g

Directions

- 1 Cook the brown rice according to the directions on the package.
- 2 About 15 minutes before the rice is done cooking, heat half the olive oil in a large pan over medium-high heat. Add the salmon, tomatoes and salt. Cook for 3 to 5 minutes each side, or until fish is cooked through.
- 3 Meanwhile, combine the capers, parsley, vinegar and remaining olive oil. Mix well.
- 4 Divide brown rice onto plates and top with salmon and salsa verde. Enjoy!

Notes

Leftovers: Keeps well in the fridge for 2-3 days.

No Brown Rice: Use basmati rice, jasmine rice, quinoa, couscous or cauliflower rice.

No Capers: Use olives instead.

Serving Size: One serving is approximately 1 1/2 cups of brown rice, 5 ounces (142 grams) of salmon, and 1/2 cup of tomatoes with salsa.



Chicken, Kale & Cauliflower Bowls

2 servings

45 minutes

Ingredients

- 1/2 head Cauliflower (chopped into florets)
- 2 tbsps Avocado Oil (divided)
- 227 grams Chicken Breast (skinless, boneless)
- 1/8 tsp Sea Salt
- 4 cups Kale Leaves (thinly sliced)
- 1/2 Lemon (juiced)
- 1 Avocado (sliced)

Nutrition

Amount per serving	
Calories	474
Fat	33g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	21g
Carbs	19g
Fiber	11g
Sugar	4g
Protein	32g

Directions

- 1 Preheat oven to 375°F (191°C) and line a baking sheet with parchment paper.
- 2 Toss the cauliflower with half the avocado oil and transfer to a baking sheet along with the chicken breasts. Sprinkle everything with sea salt.
- 3 Place the baking sheet in the oven for 30 minutes, or until chicken is cooked through. Toss the cauliflower at the halfway point.
- 4 While the cauliflower and veggies are cooking, massage the kale with lemon juice and remaining oil. Divide between bowls.
- 5 Remove the chicken and cauliflower from the oven and divide between bowls, on top of the kale. Add avocado slices to each bowl and enjoy!


Notes

Leftovers: Keeps well in the fridge for 3 to 4 days. Add sliced avocado just before serving.

More Carbs: Serve with roasted sweet potato.

No Avocado Oil: Use coconut oil instead.





PREP GUIDE: Arthritis Meal Plan

Day	Task	Notes	
<p>0 Sun</p>		<p>Grocery shop.</p>	<p>Grab your grocery list and get to it! Adjust serving sizes if necessary and mark off any items you already have.</p>
		<p>Freeze the salmon fillets into two portions. Divide the chicken breast into three portions and freeze two portions.</p>	<p>This guide will remind you to thaw them later in the week.</p>
		<p>Make One Pan Harissa Chicken, Sweet Potatoes & Broccolini.</p>	<p>Divide between containers and store in the fridge for meals.</p>
		<p>Make Orange & Yogurt Breakfast Box.</p>	<p>Divide between containers and store in the fridge for breakfasts.</p>
		<p>Portion out Cheddar Cheese & Cucumber.</p>	<p>Divide between containers and store in the fridge for snacks.</p>
<p>Portion out Granola, Yogurt & Berry Snack Box.</p>	<p>Divide between containers and store in the fridge for snacks.</p>		
<p>1</p>		<p>Pack your meals if you are on-the-go.</p>	<p>Orange & Yogurt Breakfast Box, Cheddar Cheese & Cucumber, One Pan Harissa Chicken, Sweet Potatoes & Broccolini, Granola, Yogurt & Berry Snack Box.</p>





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<p>Mon</p>		<p>Make Spiced Cauliflower Rice Bowl for dinner.</p>	<p>Enjoy and store leftovers in the fridge for lunch tomorrow.</p>
<p>2 Tue</p>		<p>Pack your meals if you are on-the-go.</p>	<p>Orange & Yogurt Breakfast Box, Granola, Yogurt & Berry Snack Box, Spiced Cauliflower Rice Bowl, Cheddar Cheese & Cucumber.</p>
		<p>Enjoy leftover One Pan Harissa Chicken, Sweet Potatoes & Broccolini for dinner.</p>	<p>Reheat in the microwave or in a pan.</p>
<p>3 Wed</p>		<p>Pack your meals if you are on-the-go.</p>	<p>Orange & Yogurt Breakfast Box, Cheddar Cheese & Cucumber, One Pan Harissa Chicken, Sweet Potatoes & Broccolini, Granola, Yogurt & Berry Snack Box.</p>
		<p>Make Healthy Fish n' Chips for dinner.</p>	<p>Enjoy and store leftovers in the fridge for lunch tomorrow.</p>
		<p>Make Strawberries & Cream Oats.</p>	<p>Divide between containers and store in the fridge for breakfasts.</p>
		<p>Portion out Eggs & Avocado Snack Box.</p>	<p>Divide between containers and store in the fridge for snacks.</p>
<p>Take one portion of the chicken breasts out of the freezer.</p>	<p>Thaw on a plate in the fridge for dinner tomorrow.</p>		

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4 Thu		Make Kiwi Lime Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Strawberries & Cream Oats, Kiwi Lime Smoothie, Healthy Fish n' Chips, Eggs & Avocado Snack Box.
		Make Turmeric Chicken with Brown Rice and Roasted Cauliflower for dinner.	Enjoy and store leftovers in the fridge for lunch tomorrow.
		Take the remaining salmon fillets out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
5 Fri		Make Kiwi Lime Smoothie.	Pour into a portable cup for a snack.
		Pack your meals if you are on-the-go.	Strawberries & Cream Oats, Eggs & Avocado Snack Box, Turmeric Chicken with Brown Rice and Roasted Cauliflower, Kiwi Lime Smoothie.
		Make Salsa Verde Salmon with Tomatoes & Brown Rice for dinner.	Enjoy and store leftovers in the fridge.
		Portion out Yogurt & Granola.	Divide between containers and store in the fridge for snacks.
		Make Chocolate Cherry Overnight Oats.	Divide between containers and store in the fridge for snacks.

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		Take the remaining portion of the chicken breasts out of the freezer.	Thaw on a plate in the fridge for dinner tomorrow.
6 Sat		Make Veggie Scramble with Strawberries.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Veggie Scramble with Strawberries, Yogurt & Granola, Salsa Verde Salmon with Tomatoes & Brown Rice, Chocolate Cherry Overnight Oats.
		Make Chicken, Kale & Cauliflower Bowls for dinner.	Store leftovers in the fridge for lunch tomorrow.
7 Sun		Make Veggie Scramble with Strawberries.	Enjoy immediately or pack if you're on-the-go.
		Pack your meals if you are on-the-go.	Veggie Scramble with Strawberries, Chocolate Cherry Overnight Oats, Chicken, Kale & Cauliflower Bowls, Yogurt & Granola.
		Shop and prep for next week.	
		Enjoy leftover Salsa Verde Salmon with Tomatoes & Brown Rice for dinner.	Reheat in the microwave or in a pan.